

## WHY YOU ARE NERVOUS

NEARLY EVERY AILMENT HAS THIS BAD EFFECT.

One Great Cause is Eye-Strain From Which City People Suffer Especially Because Their Vision is Restricted.

Almost every little or great ailment throughout your system affects your nerves. Your eyes and liver and lungs and stomach and heart and many other things throughout your system all "take it out" on the poor nerves if they happen to be a bit out of order themselves.

Recent discoveries show that ninety per cent of nervous troubles are due to other disorders. Eye-strain is one cause. Not only those who have to use their eyes constantly, like students and lapidaries and miniature artists and engravers, but city folks who live and work where their vision is restricted, are all sufferers from nervous troubles, more or less.

The eye wants to get exercise as well as the muscles. Living in narrow streets and gazing out across little alleys against brick walls, rushing into narrow cars and hurrying into small rooms, all keep the vision down to narrow limits and pretty soon eye-strain sets in and this brings on nervous trouble.

And one of the peculiarities of this is that many people will not notice that they have eye-strain because the nervous disorder that results will be so much worse than the cause. Eye-strain is much less common in the country.

Working in a stooped position, curving the spine, brings pressure on the tiny blood vessels and this in turn acts on the nerves. "I get so nervous sitting still," one will say. As a matter of fact the continual pressure on the spine reacts on the nerves. As sedentary occupations are more common in the cities there is more nervousness from this cause in cities.

Liver troubles bring on quick nervous disorders; city noises in time effect the ears and the nerves are again in for a siege of trouble. Not even at night or during sleep is there complete quiet in the city. Women become irritable because of excessive blood pressure, and again it is their nerves that suffer—also every one else about them is apt to suffer.

Soreness of the muscles, whether induced by violent exercise or injury, is quickly relieved by the free application of Chamberlain's Liniment. This liniment is equally valuable for muscular rheumatism and always affords quick relief. Sold by all dealers.

### Moon Blindness.

A naval correspondent of the London Standard has written from Port of Spain, Trinidad, stating that in his travels he had come across many cases of moon blindness, caused by men sleeping with the moon shining upon them, such cases occurring principally in the tropics and the Mediterranean.

Strange to say, adds the Trinidad correspondent, men so affected can see in daylight, but cannot do so when dusk sets in. Mr. Elgie further quotes from a communication made by a New Zealand correspondent to a weekly scientific journal. This correspondent was, many years ago, an apprentice on the Liverpool ship Langdale, an East India trader.

Once when the ship was between St. Helena and the line some of the crew slept on deck, fully exposed to the glare of the brilliant moon. When they awoke three of them were quite moon blind. They had to be led about at night and the ropes put into their hands.

Teething children have more or less diarrhoea, which can be controlled by giving Chamberlain's Colic, Cholera and Diarrhoea Remedy. All that is necessary is to give the prescribed dose after each operation of the bowels more than natural and then castor oil to cleanse the system. It is safe and sure. Sold by all dealers.

### Draining Desert Lands.

One of the curiosities of irrigation is that it is sometimes necessary to drain such lands. When the lands are situated on a comparatively level, the water from the irrigation ditch above seeps along the line between the rock formation and in many cases accumulates in such an amount that it actually becomes swampy. Then it has to be drained, just as in the case of the south. It seems strange to witness the laying of a drainage system in an arid country, but it has been done a great many times. The average user of irrigation who fails may trace his lack of success to the too liberal use of water. Instead of watering he really drowns his crops.

When baby suffers with croup, apply and give Dr. Thomas' Electric Oil at once. Safe for children. A little goes a long way. 25c and 50c. At all drug stores.



## ALCOHOL IS NOT NECESSARY

Prof. Howard Marsh Gives Telling Testimony Against So-Called Drinking in Moderation.

Speaking at a largely attended conference on "The Uses of Alcohol," held recently by a thriving branch of the C. E. Temperance society at Cambridge, Eng., and addressed by the eminent professors of medicine, pathology and surgery in the university, Prof. Howard Marsh gave telling testimony against the use of alcoholic drink even in so-called moderate quantities.

In opening his address he said that he had been interested in this question for a very long time, and could say with all modesty, for he was only expressing his own opinion, that he had come to very definite conclusions upon it. The first was that even in moderation, and except for medical purposes, alcohol was perfectly unnecessary. The Japs never used it, yet how well they had done in war. A similar illustration was afforded by the brave native Sikh regiment, total abstainers. He had an example a short time ago when he sent a somewhat venturesome invitation to Sir Robert Baden-Powell to come down and inspect the Cambridge Scouts. He first sent his aide-de-camp to see whether it was worth his while to come. He came and lunched at Downing college. He was about twenty-eight years old, five feet ten inches in height, and with as clear a complexion and as bright an eye as one would see, and he knew what sort of young fellow he must be to be Baden-Powell's right-hand man. He was struck by the fact that the young fellow, as splendid a young animal man as one could meet anywhere, proved to be a vegetarian, an abstainer, and a non-smoker. The tennis champion—not lawn tennis, nice as it might be, but the real thing—his old friend, Mr. Neville Lytton, was an abstainer. He (the speaker) used to play golf a great deal, and they were often struck with admiration at the way the great player Taylor played, with marvelous precision. There was no one who could hold him. He specially asked if he was a teetotaler, and the reply was, "Of course he is; if he were not he could not play like that."

He did not believe that alcohol was necessary as a food, although he could not say anything in the presence of Sir Clifford Allbutt about its use as a medicine, though he did say that in some other circumstances it was harmful in a very definite degree. Take the case of contests of physical power. Did they think a man would take a large dose of alcohol and expect to win the king's prize? They might be perfectly certain that if he did he would not be able to "shoot for nuts." In the case of an ordinary social party made up of young fellows from the services, they knew that if they dined heartily with wine overnight they could not shoot next morning. The best shot in England, if he indulged to any extent in champagne overnight, would be unable to hit more than one pheasant out of five the next morning. Alcohol even in moderate amount unfitted him for skilled work. In golf he had known people who showed at once whether they took alcohol or not. A man might play splendidly in the morning, but if he had a couple of whiskies and sodas at lunch, his play would fall off in the afternoon. Another thing had struck him. That among so-called moderate drinkers, young men from twenty-five to thirty-five might drink wine pretty freely, but they would often hear a man say at forty: "I can't drink as I used to do; wine does not agree with me now." That just showed that while in the very prime of their physical life they might seem to find no very serious effects, as soon as any of their organs began to flag they could plainly see the injurious effects.

He was delighted at the changes for the better going on in England now. The other day he was dining at Woolwich and saw at least five-sixths of the young officers present were drinking nothing stronger than lemonade. At least 70,000 men in the army today were teetotalers. He thought that a splendid thing, because with that many teetotalers in the army, the whole would be teetotal before long. He was glad that the opinion formed by intelligent people in an intellectual society today was that alcohol was unnecessary. It was of the greatest assistance to the poorer classes nowadays that they could get a good cup of hot coffee or milk and a piece of bread and butter instead of a glass of adulterated beer. Things had been thrown into beer in the past which increased a man's craving for it. Now that these men could get coffee or milk they said, "That's the thing for me." He believed that was one of the best and most powerful influences at work today. It would be the greatest thing if everybody would make up their minds to start their children atreash and right and bring them up as total abstainers, for he believed that if they were never given wine or beer as children they would never want it. If they did not teach a child that alcohol was necessary they would find that he would never want it.

### No Useful Effects.

"There seems no useful effects to be anticipated from the use of alcohol in health."—Dr. Parka.

## EFFECTS OF FRIGHT

APPEARANCE LAST CONSIDERATION IN TIME OF DISASTER.

Under Stress of Great Fear Most People Forget Everything Except the One Thing of Saving Their Lives.

They had been discussing the effect of great fright, and what most people would be likely to do under stress.

"Well," began Creedmore, "when wife and I took our trip to Alaska we were wrecked and came mighty near to losing our lives. About 2 p. m. of a dark, rainy night our little steamship was struck by another and a great hole rammed in her bow. She sank so quickly that there was no time to dress, so in the darkness we snatched what we could find and made our way on deck. My wife appeared in a short flannel skirt and dressing sack. The other passengers, including myself, looked little better. When the lifeboat, into which we were hustled, was launched it was rowed away in the inky darkness.

The waves dashed over us till we were drenched to the skin and nearly frozen. Every few minutes we were ordered to shout all together. After what seemed an eternity our shout was answered, and we found ourselves close to the lumber steamship that wrecked us. A rope ladder was thrown over her side, and one by one we climbed up. Her captain was a Scotch man and a bachelor, and there was not a woman on board. When my wife asked for dry clothing the captain told her to help herself from his cabin. When she appeared at the dinner table she was attired in a suit of pink pajamas, some underwear and the captain's slippers, which kept dropping from her feet. She was still so dazed by what she had gone through that she did not realize how she looked.

"That's so," said Haynes. "I know from a little experience of my own that under such circumstances people are oblivious to their own appearance. Now, I was in a railroad wreck. It was in the night, too, and in the dead of winter. I was awakened from a sound sleep by a terrible crash, to find my sleeper upright, but badly wrecked. With difficulty I climbed out the broken window and started for the other end of the wreck, when a woman, almost entirely without clothing, rushed frantically up to me, crying: 'For God's sake, give me something to cover me!' 'Certainly, madam,' said I, with a Chesterfieldian bow, 'take this.' Without a thought for myself I handed her my overcoat, being unconscious of my own appearance till, with a gasp, she snatched it from my hands, put it on, and made off like a deer."—Los Angeles Times.

### What She Ate.

"It has been my experience that the custom of taking an appetizer before breakfast in the morning, which used to be so common among visitors to New York hotels, is dying out," said a manager yesterday. "I should also say that fewer persons drink anything spirituous with the first meal of the day.

"But the weirdest mixture of fruit and food and stimulant for a breakfast I ever heard of was ordered in our restaurant the other day, and by a woman, too. She was about fifty years old, I should say, and was not stopping here, but came in about 10 o'clock in the morning, took a table and gave her order. And she consumed it. Here is what it consisted of: 'Grapefruit, accompanied by two ponies of brandy.

"Oatmeal, with a pint of champagne. 'A demitasse, into which she put a spoonful of paprika. 'There was bread on the table, but so far as I know she didn't touch it. When she had finished she paid her bill and went out, showing no more traces of exhilaration than I would after my matutinal coffee and eggs.'—New York Sun.

### Powdering Closets.

When capricious fashion ruled that ladies should wear only white hair—the color supplied by nature being of no importance—the operation of putting on the powder made special arrangements necessary.

These took the form of a special room or cabinet, and in every house of any pretension a small chamber was set aside for the exclusive use of powdering the hair.

A curtain divided in the middle, a powdering stand to hold the bowl of powder, and possibly a stool, were all that the closet contained, and through this curtain the lady whose head was to be powdered protruded her head, the maid standing on the other side and "throwing" the powder at her head by means of a powder puff.

To preserve the eyes and complexion a mask was held to the face.—Courier de Londres.

### A Woman's Retort.

"The impudence of some people!" snapped Mrs. Parvenue. "She told somebody I did my own washing!" "Well," replied Mrs. Manor innocently, "whose washing do you do?"—Life.

### A Splendid Wife.

"She plays a splendid game of bridge." "That so?" "Yes, I don't believe she's cost her husband a dollar this year."

## SHE BLAMES "SPIRIT WIFE"

Mrs. William Phelps Dodge Divorced Husband Because Uncanny Influence Ruled Him.

The uncanny influence of a "spirit wife" is said to have been responsible for the divorce action which Mrs. William Phelps Dodge has just won against her millionaire husband.

The decree, which was signed in Philadelphia, would have been granted several weeks ago, it is understood; but the judge wanted to make a longer investigation of the unusual charges brought by the girl wife of the widely known author and lawyer.

According to the papers in the case, Mr. Dodge, who is forty-eight years old, met his young bride here at Sherry's on election night, 1909, and after an impetuous wooing, married her in London on January 10, 1910.

Prior to that time she and her sister had been in the chorus of "Havana," a musical comedy playing at the Casino.

Despite the difference in their ages—the bride was only eighteen—the couple lived happily for a couple of months after the wedding. Then Mrs. Dodge charges that the spirit of Mr. Dodge's first wife, Ethel, appeared before him and began to "pick on" her successor.

Young Mrs. Dodge said that whenever she wore a jewel, a veil or anything that the first Mrs. Dodge had possessed, the latter's spirit would appear before her husband and demand that he have it removed at once.

And, according to the girl-wife, the spirit-wife was always obeyed.

This treatment got on the nerves of the youthful Mrs. Dodge finally, and she packed up and returned to this country, leaving Mr. Dodge in London.

Immediately on her arrival here, she applied for the divorce through her mother, as guardian, and charged that cruel, barbarous and inhuman treatment had been inflicted upon her by her husband.—New York Evening Mail.

### Mail Carriers Will Fly.

This is an age of great discoveries. Progress rides on the air. Soon we may see Uncle Sam's carriers flying in all directions, transporting mail. People take a wonderful interest in a discovery that benefits them. That's why Dr. King's New Discovery for coughs, colds and other throat and lung diseases is the most popular medicine in America. "It cured me of a dreadful cough," writes Mrs. J. F. Davis, Stickney Corner, Me., "after doctors' treatment and all other remedies had failed." For coughs, colds or any bronchial affection its unequaled. Price 50c and \$1.00. Trial bottle free at Patrick Drug Co.

### Best Way to Rest.

Sometimes the best way to work is to take a few hours of relaxation before plunging into troublesome duties. It is impossible to rest unless there are quiet and calm in the mind and peace in one's heart and soul.

A trouble worried brain disturbs the entire physical forces, making one incapable of work or one's best efforts.

There is a great difference between the naturally lazy person and one who knows the need of rest. One cannot find pleasure in rest unless one works, for otherwise there is no contrast. It's like eating when one isn't hungry. No hurried, flurried, fussy woman can ever be beautiful.

### Her Reason.

"Mrs. Bloodgood is sending out cards of invitation for a little dance." "Wants to entertain a few friends, does she?" "Yes, and to snub a few more."—Harper's Bazar.

### Against All Tradition.

"That millionaire is a very queer chap." "As to how?" "Never claims he was happier when he was poor. Always says he is happier now."

### The Choice of a Husband

is too important a matter for a woman to be handicapped by weakness, bad blood or foul breath. Avoid these kill-hopes by taking Dr. King's Life Pills. New strength, fine complexion, pure breath, cheerful spirits—things that win, men follow their use. Easy, safe, sure, 25c at Patrick Drug Co.

### Auto Tire Hurls Stone.

Montclair, N. J.—Workmen are replacing a \$150 plate glass window in the front of a store here. It was broken by a stone dashed from the roadway by the wheel of a passing automobile. The stone was lying loose in the roadway and when the tire of the auto hit it the missile was hurled as if from a catapult.

Chamberlain's Liver and Stomach Tablets gently stimulate the liver and bowels to expel poisons, cure constipation and sick headache. Sold by all dealers.

Rather Unreliable. "You say that you refuse to believe the sworn testimony of this man?" asked the examining barrister. "That is so," replied the witness. "What reasons have you?" "Why, I know the man! He hates to tell the truth—it's absolutely foreign to his nature. He and I were at the same school, and he used to cry bitterly when the teacher made him repeat that two and two made four."

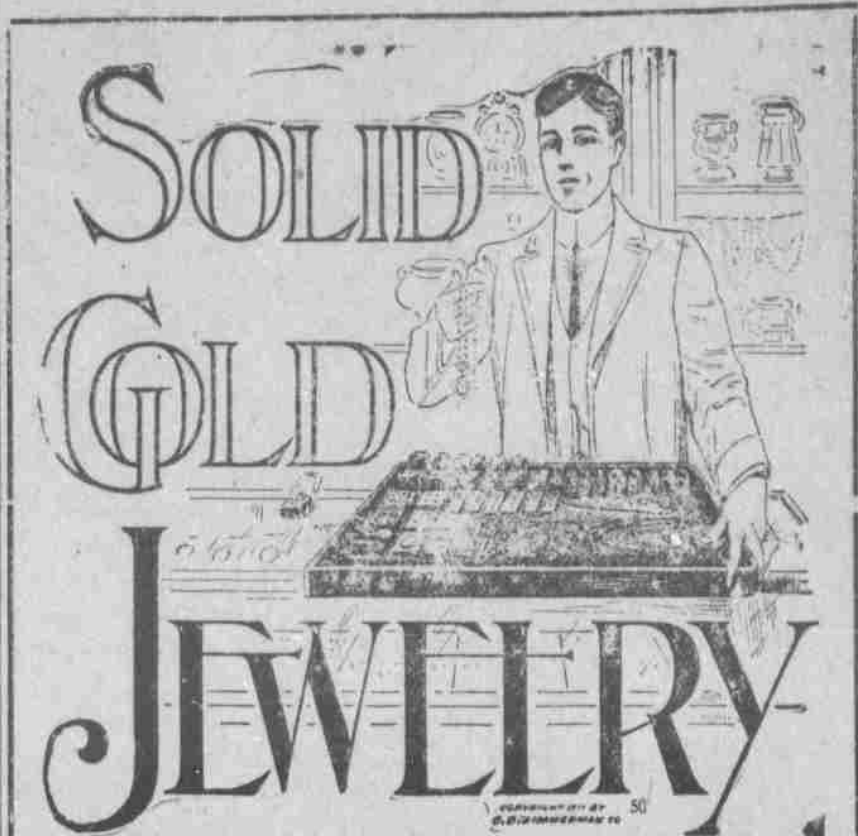
"Have you any further reminiscences, sir?" This rather sarcastically from the man of law.

"Oh, dear me, yes! Once he was ill and described his symptoms so that the doctor prescribed for water on the knee, when he was really suffering from inflamed tonsils!"

### All That Was Left.

A large boarding house caught fire during dinner and much confusion resulted. After the worst was over the landlady, who was a philosophical soul, remarked that it was a blessing that the fire had not happened at night, as some life might have been lost.

A little later the colored boy, who heard this, mysteriously called her aside and cautiously exhibited a great bunch of dark, tangled hair. "Don't say nothin', Miss Nora," he whispered. "Dis hair is worse dan it 'pears. One o' dem ladies in de room ovah de berry door get burnt up. I ben up dar to see, an' I found her hair."—Ladies' Home Journal.



A wealth of pretty designs of every variety is carried at this store. Design means a lot in jewelry. No matter how heavy or rich looking the gold unless it has artistic appearance it looks common and vulgar.

We have selected our gold jewelry especially for its artistic qualities. Come in and look over our stock.

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(INCORPORATED.)

## Stubborn Case

"I was under the treatment of two doctors," writes Mrs. R. L. Phillips, of Indian Valley, Va., "and they pronounced my case a very stubborn one, of womanly weakness. I was not able to sit up, when I commenced to take Cardui.

I used it about one week, before I saw much change. Now, the severe pain, that had been in my side for years, has gone, and I don't suffer at all. I am feeling better than in a long time, and cannot speak too highly of Cardui."

## TAKE CARDUI The Woman's Tonic

if you are one of those ailing women who suffer from any of the troubles so common to women.

Cardui is a builder of womanly strength. Composed of purely vegetable ingredients, it acts quickly on the womanly system, building up womanly strength, toning up the womanly nerves, and regulating the womanly system. Cardui has been in successful use for more than 50 years. Thousands of ladies have written to tell of the benefit they received from it. Try it for your troubles. Begin today.

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